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# Opioids in the Episodes of Care Program

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An overview of how opioids are addressed within Episodes of Care with an emphasis on the **Differences in the MED/Day** quality metrics

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# AGENDA



Establishing Standards of Practice for Opioid Prescribing  
Tennessee Together and TennCare Strategies  
Morphine Equivalent Calculations  
TennCare Pharmacy Policy and MAT  
Opioid Quality Metrics in Episodes of Care  
Episodes Reports



# Establishing Standards of Practice

# Establishing Standards of Practice



Overprescribing for acute pain remains factor impacting:

- Misuse
- Abuse
- Diversion
- Unintentional overdose

<https://www.cdc.gov/mmwr/volumes/68/wr/mm6806a3.htm>

The following increases the probability of long-term use of opioids among opioid-naïve cancer free patients:

- Each additional day supplied in the original prescription
- Each increase in the days of therapy
- Each incremental increase in cumulative dose

<https://www.cdc.gov/mmwr/volumes/66/wr/mm6610a1.htm>

# General Guidelines For Writing Opioid Prescriptions For Acute Pain



- Use short acting opioids exclusively in acute pain situations
  - Immediate release opioids peak effect within 45 - 60 minutes
  - Controlled release opioid peak effect within 3 - 4 hours
  - Rapid titration to effect is safer and easier with immediate release drugs
  - Unintentional overdose in the first 2 weeks was 5 times more likely if opioid therapy is initiated with long-acting opioids
- Prescribe enough opioid for expected pain or until a follow-up appointment is scheduled after surgery or trauma
- Prescribe in no greater quantity than that required for the expected duration of pain severe enough to require opioids

# Recommendations from the American College of Surgeons



Moderate Pain	Acute Pain
Laparoscopic Surgery / Soft Tissues	Non Laparoscopic / Joint replacements
3 Days	7 Days
Short Acting	Short Acting
Oxycodone 5mg 8/6hours * 3days (9/12 tablets)	Oxycodone 5mg 8/6hours * 7days (21/28 tablets)
Hydrocodone 5mg 8/6 hours * 3 days (9/12 tabs)	Hydrocodone 5mg 8/6 hours * 7days (21/28 tabs)
Hydromorphone 2mg 8/6 hours * 3days (9/12 tabs)	Hydromorphone 2mg 8/6 hours * 7days (21/28tabs)

# Recommendations from the American College of Surgeons



## To Prevent Opioid Dependence

- Promote non-narcotic analgesic
- Set realistic expectations of pain
- Use appropriate alternate pain management techniques
- Family engagements

<https://www.facs.org/education/opioids/quality-initiatives>

# Recommendations from the American Academy of Orthopedic Surgeons



## STANDARDIZED OPIOID PROTOCOLS/POLICIES

- Strict limit on Opioid Prescription Size
- Limit Extended – Release Opioids (not FDA approved for acute pain)
- Restriction of Opioid Use for Preoperative and Nonsurgical Patients

<https://aaos.org/globalassets/about/bylaws-library/information-statements/1045-opioid-use-misuse-and-abuse-in-practice.pdf>



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# Tennessee's Approach to Opioid Prescribing

# Tennessee Opioid Strategy



*Working “to confront the impacts of opioid misuse and abuse”*

*Implementing “strategies as we recognize the growing complexity of this problem in our state”*

**TN  TOGETHER**  
*ENDING THE OPIOID CRISIS*

**A Comprehensive  
Plan to Address  
Opioid Abuse**

<https://www.tn.gov/opioids.html>

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# Episodes of Care supports TennCare's Strategies



- **Reduce the risk of TennCare members becoming newly dependent or addicted to opioids**
  - Provide reports with opioid prescription patterns
  - Link opportunities for gain-share to opioid prescription patterns
  - Encourage providers to use Evidence Based Practice (EBP) guideline
- **Increase patient engagement, early detection of dependence, and evidence-based pain treatment for chronic opioid users**
  - Provide reports to providers for better patient education
  - Remove cost of substance use treatment from the Perinatal episode

# Benzodiazepines and Opioids

## Benzodiazepine + Opioid

- More than 30% of overdoses involve this combination
- 10 X higher death rate from overdose than opioids alone

**Black Box Warning - FDA**  
Dangerous to use combination of  
Benzodiazepine and Opioid

<https://www.drugabuse.gov/drug-topics/opioids/benzodiazepines-opioids>



# Benzodiazepines and Opioids

Common Benzodiazepines	Common Opioids
Alprazolam (Xanax)	Oxycodone
Clonazepam (Klonopin)	Codeine
Diazepam (Valium)	Morphine
Lorazepam (Ativan)	Hydrocodone
	Fentanyl





# Morphine Equivalent Calculations And Pharmacy Coverage

# Morphine Equivalent Dosing (MED) per Day



The cumulative intake of any opioid drug class in a 24 hour period

**Step #1** Opioids are converted to a Milligram Morphine Equivalent (MME) that represent relative potency between different opioids

**Step #2** Multiply the MME by the number of doses in a day to get the MED

Hydrocodone  
MME of 1  
10 mg of hydrocodone = 10 MME  
10 mg tab every 6 hours =  
40 MED/day

Oxycodone  
MME of 1.5  
5 mg of oxycodone = 7.5 MME  
5 mg tab every 6 hours  
=  
30 MED/day

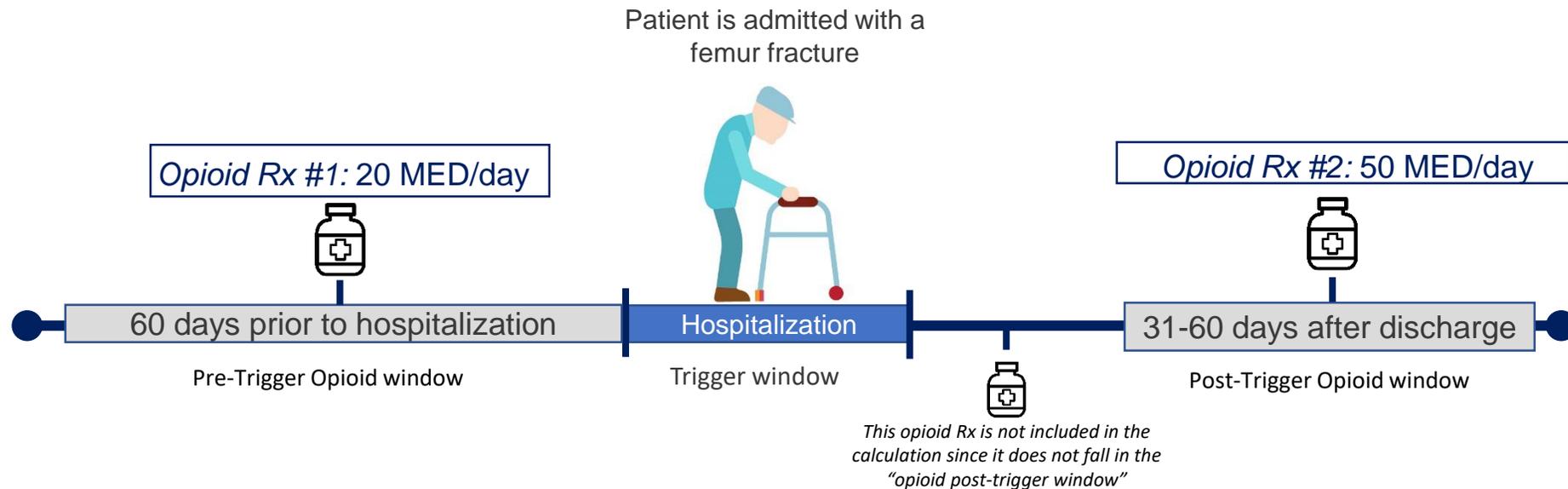
Tramadol  
MME of 0.1  
50 mg of tramadol = 5 MME  
50 mg tab every 6 hours  
=  
20 MED/day

# Quality Metric: Difference in Average MED/day

**Definition:** Average difference in morphine equivalent dose (MED)/day during the post-trigger opioid window and the pre-trigger opioid window, across valid episodes

- Lower value indicates better performance

**Goal of Metric:** To incentivize the Quarterback to not prescribe more opioids after the triggering diagnosis/procedure compared to the amount of opioids prescribed prior to the triggering diagnosis/procedure.



## Calculation

*Avg. difference in MED* = [MED/day for Post-Trigger Opioid Window] – [MED/Day Pre-Trigger Opioid Window]

*Avg. difference in MED* = 50 MED/day – 20 MED/day

*Avg. difference in MED* = **30 MED/day**

# TennCare's Opioid Prescription Coverage



TennCare coverage limits for acute opioid therapy for **ALL new and non-chronic opioid users**

- Prescription coverage for up to 15 days at a **maximum dosage of 40 MME per day**
- Limited to a 5 day supply of a short-acting opioid without the need for prior authorization
- Can receive up to an additional 10 days of opioid treatment at a maximum dose of 40 MME per day in each 180 day period, with prior authorization
- Any long-acting opioid agent will require prior authorization
- As with other generic medications for the episodes program, the cost for generic opioids is assigned \$10

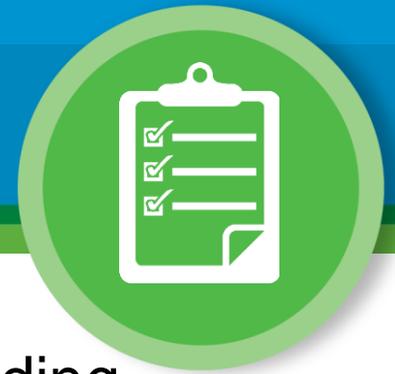
# TennCare's Medication Assisted Treatment (MAT)



- Opioid treatment programs (OTPs) that use a “whole-patient” approach to the treatment of substance use disorders
- Combination of
  - Behavioral therapy, and
  - FDA approved medications
    - Buprenorphine
    - Methadone
    - Naltrexone



# TennCare's Medication Assisted Treatment (MAT) for Pregnant Women



- Cost of MAT is excluded from the Perinatal Episode spend including
  - Outpatient claims
  - Professional claims
  - Inpatient claims
  - Pharmacy claims
  
- Detailed list of codes excluded in the Perinatal Configuration file under Medication Assisted Treatment
  - MAT Procedure Code
  - NDC Drug Codes





# Opioid Quality Metrics in Episodes of Care

# Opioid Prescriptions Linked to Gain Share



## Musculoskeletal Episodes

- Ankle Non-operative Injuries
- Back/Neck Pain
- Femur/pelvic Fractures
- Knee Arthroscopy
- Knee Non-operative Injuries
- Shoulder Non-operative Injuries
- Spinal Decompression
- Spinal Fusion
- Wrist Non-operative Injuries

Quarterbacks for these episodes include

- Emergency Rooms
- Orthopedic Surgeons
- Podiatrists
- Primary Care

# Opioid Prescriptions Linked to Gain Share



## Other Episodes

- Acute Kidney and Ureter Stones
- Appendectomy
- Cystourethroscopy
- GI Obstruction
- Hernia Repair

Quarterbacks for these episodes include

- Emergency Rooms
- Hospital Facilities
- Ambulatory Surgery Centers
- Urologists

# Opioid Prescriptions Information Only Metric



## Cardiac Surgery

CABG

PCI (acute and non-acute)  
Valve Repair/ Replacement

## GYN

Colposcopy  
Hysterectomy

## General Surgery

Bariatric  
Breast Biopsy  
Cholecystectomy  
Tonsillectomy

## GI Procedures

Colonoscopy  
Upper GI EGD

## Orthopedic Surgery

Total joint  
Replacement

Acute  
Conditions  
Gastroenteritis  
Pancreatitis



# Episodes of Care Reports

# Quality Metrics Linked to Gain-share: Episodes with NO opioid increases



4 Episode quality and utilization summary			
<b>X You did not achieve selected quality metrics</b>			
Quality metrics linked to gain sharing	You	Gain share standard	Met standard
1. Difference in Average MED/day	10.62	0.00	X
Quality metrics not linked to gain sharing	You	Provider base average	
1. Average MED/day during the pre-trigger opioid window	2.14	11.60	
2. Average MED/day during the episode opioid window	12.76	13.96	
3. Non-surgical management	8.3%	12.1%	

- Ankle, Knee, Shoulder, and Wrist Non-Operative Injuries
- Back and Neck Pain
- Cystourethroscopy
- Knee Arthroscopy
- Spinal Decompression

Some Episodes have a quality metric of NO increase in opioid prescription fills during the post-trigger window for the opportunity for gain-share

# Quality Metrics Linked to Gain-share: LIMITED in time or amount of prescription fills



4 Episode quality and utilization summary

**X You did not achieve selected quality metrics**

Quality metrics linked to gain sharing	You	Gain share standard	Met standard
1. Difference in Average MED/day	14.80	8.00	X

Quality metrics not linked to gain sharing	You	Provider base average
1. Average MED/day during the pre-trigger opioid window	17.90	12.06
2. Average MED/day during the post-trigger opioid window	32.69	19.58
3. Related readmission	5.1%	5.6%

Some Episodes have a quality metric of a defined maximum increase of opioid prescription fills during the post-trigger window for the opportunity for gain-share

- Acute Kidney and ureter stones increase in MED ≤ 3
- Appendectomy: no increase between pre-trigger window and days 7 to 30 after trigger
- Femur/Pelvic fracture: increase in MED ≤ 8
- GI Obstruction: no increase between pre-trigger window and days 7 to 30 after trigger
- Hernia Repair: no increase between pre-trigger window and days 7 to 30 after trigger
- Spinal Fusion: increase in MED ≤ 8

# Quality Metrics For Information Only



## 4 Episode quality and utilization summary

You achieved selected quality metrics

Quality metrics linked to gain sharing	You	Gain share standard	Met standard
1. Difference in Average MED/day	-4.22	0.00	✓

Quality metrics not linked to gain sharing	You	Provider base average
1. Average MED/day during the pre-trigger opioid window	6.25	4.90
2. Average MED/day during the episode opioid window	2.03	5.67
3. X-ray imaging for sprain/strain episodes	40.0%	70.2%
4. Incremental imaging	87.8%	87.5%
5. ED visit after initial diagnosis	0.0%	1.7%
6. Opioid and benzodiazepine prescriptions	0.7%	0.4%

Your performance compared to the Provider Base Average across the state. Provider base average includes only episode quarterbacks and the TennCare population.

Opioid and benzo prescriptions

# Identifying Trends on the Excel Report



Excel workbooks will separate patient information by episode type.

	A	B	C	D	E	F	G	H	I	J
2	AVG-Y	Your Average				\$464	1.01	\$470		
3	Episode ID	Patient Name	Episode start date	Episode end date	Date of Birth	Total risk adjusted cost	Episode risk factor	Non-adjusted cost	Gain Sharing Difference in Average MED/day	Non Gain Sharing Average MED/day during the pre-trigger opioid window
4	Provider ID	02629390	Provider Name	Provider A		\$565	1.12	\$635		
5	101707	Mickey	12/06/18	03/05/19	01/21/88	\$141	0.96	\$135	0.0000	0.0000
6	134348	Pluto	03/05/19	06/02/19	06/09/73	\$1,191	1.06	\$1,261	0.0000	0.0000
7	168101	Daisy	03/12/19	06/09/19	09/09/55			\$164	0.0000	0.0000
8	1227987	Popeye	03/14/19	06/11/19	09/08/65			\$146	0.0000	0.0000
9	Provider ID	02671221	Provider Name	Provider B				\$266		
10	96652	Minnie	05/23/19	08/20/19	03/12/63			\$619	0.0000	0.0000
11	113763	Donald	12/11/18	03/10/19	04/17/77			\$167	275.7333	0.0000
12	130527	Goofy	02/21/19	05/21/19	06/16/65			\$381	0.0000	0.0000
13	940148	Olive	03/21/19	06/18/19	11/03/78			\$136	-1.2500	1.2500
14	1199276	Wimpy	05/07/19	08/04/19	08/05/68			\$215	0.0000	0.0000
15	Provider ID	02696018	Provider Name	Provider C		\$609	1.06	\$644		
16	753208	Horace	04/02/19	06/30/19	03/01/84	\$451	1.18	\$531	0.4444	0.0000
17	772133	Huey	06/11/19	09/08/19	04/14/74	\$146	1.01	\$148	0.0000	0.0000
18	781462	Dewey	08/06/19	11/03/19	10/05/71	\$416	1.09	\$453	0.8333	0.0000
19	893894	Jiminy	04/02/19	06/30/19	03/13/58	\$1,327	1.04	\$1,376	0.5000	0.0000

Each sheet is separated by light blue lines that divide by specific providers if more than one.

# Identifying Trends on the Excel Report

Quality Metrics will be to the right of all the cost information. Each measure divided by columns, beginning with those linked to gain-share.

	A	B	C	D	E	F	G	H	I	J	K
2	AVG-Y	Your Average				\$464	1.01	\$470			
3	Episode ID	Patient Name	Episode start date	Episode end date	Date of Birth	Total risk adjusted cost	Episode risk factor	Non-adjusted cost	Gain Sharing Difference in Average MED/day	Non Gain Sharing Average MED/day during the pre-trigger opioid window	Non Gain Sharing Average MED/day during the episode opioid window
4	Provider ID	02629390	Provider Name	Provider A		\$565	1.12	\$635			
5	101707	Mickey	12/06/18	03/05/19	01/21/88	\$141	0.96	\$135	0.0000	0.0000	0.0000
6	134348	Pluto	03/05/19	06/02/19	06/09/73	\$1,191	1.06	\$1,261	0.0000	0.0000	0.0000
7	168101	Daisy	03/12/19	06/09/19	09/09/55	\$126	1.30	\$164	0.0000	0.0000	0.0000
8	1227987	Popeye	03/14/19	06/11/19	09/08/65	\$115	1.27	\$146	0.0000	0.0000	0.0000
9	Provider ID	02671221	Provider Name	Provider B		\$262	1.01	\$266			
10	96652	Minnie	05/23/19	08/20/19	03/12/63	\$497	1.24	\$619	0.0000	0.0000	0.0000
11	113763	Donald	12/11/18	03/10/19	04/17/77	\$164	1.01	\$167	275.7333	0.0000	275.7333
12	130527	Goofy	02/21/19	05/21/19	06/16/65	\$379	1.01	\$381	0.0000	0.0000	0.0000
13	940148	Olive	03/21/19	06/18/19	11/03/78	\$169	0.80	\$136	-1.2500	1.2500	0.0000
14	1199276	Wimpy	05/07/19	08/04/19	08/05/68	\$198	1.08	\$215	0.0000	0.0000	0.0000
15	Provider ID	02696018	Provider Name	Provider C		\$609	1.06	\$644			
16	753208	Horace	04/02/19	06/30/19	03/01/84	\$451	1.18	\$531	0.4444	0.0000	0.4444
17	772133	Huey	06/11/19	09/08/19	04/14/74	\$146	1.01	\$148	0.0000	0.0000	0.0000
18	781462	Dewey	08/06/19	11/03/19	10/05/71	\$416	1.09	\$453	0.8333	0.0000	0.8333
19	893894	Jiminy	04/02/19	06/30/19	03/13/58	\$1,327	1.04	\$1,376	0.5000	0.0000	0.5000
20	941854	Sylvester	07/30/19	10/27/19	03/13/58	\$1,210	1.04	\$1,255	0.0000	0.0000	0.0000
21	976150	Bugs	09/03/19	12/01/19	10/27/68	\$105	0.98	\$103	0.0000	0.0000	0.0000

# Identifying Trends on the Excel Report



	A	B	C	D	E	F	G	H	I	J	K	
2	AVG-Y	Your Average					\$464	1.01	\$470			
3	Episode ID	Patient Name	Episode start date	Episode end date	Date of Birth	Total risk adjusted cost	Episode risk factor	Non-adjusted cost	Gain Sharing Difference in Average MED/day	Non Gain Sharing Average MED/day during the pre-trigger opioid window	Non Gain Sharing Average MED/day during the episode opioid window	
4	Provider ID	02629390	Provider Name	Provider A		\$565						
5	101707	Mickey	12/06/18	03/05/19	01/21/88	\$141			0.0000	0.0000	0.0000	
6	134348	Pluto	03/05/19	06/02/19	06/09/73	\$1,191		1	0.0000	0.0000	0.0000	
7	168101	Daisy	03/12/19	06/09/19	09/09/55	\$126			0.0000	0.0000	0.0000	
8	1227987	Popeye	03/14/19	06/11/19	09/08/65	\$115			0.0000	0.0000	0.0000	
9	Provider ID	02671221	Provider Name	Provider B		\$262						
10	96652	Minnie	05/23/19	08/20/19	03/12/63	\$497			0.0000	0.0000	0.0000	
11	113763	Donald	12/11/18	03/10/19	04/17/77	\$164			275.7333	0.0000	275.7333	
12	130527	Goofy	02/21/19	05/21/19	06/16/65	\$379			0.0000	0.0000	0.0000	
13	940148	Olive	03/21/19	06/18/19	11/03/78	\$169			-1.2500	1.2500	0.0000	
14	1199276	Wimpy	05/07/19	08/04/19	08/05/68	\$198			0.0000	0.0000	0.0000	
15	Provider ID	02696018	Provider Name	Provider C		\$609						
16	753208	Horace	04/02/19	06/30/19	03/01/84	\$451			0.4444	0.0000	0.4444	
17	772133	Huey	06/11/19	09/08/19	04/14/74	\$146			0.0000	0.0000	0.0000	
18	781462	Dewey	08/06/19	11/03/19	10/05/71	\$416	1.09	\$453	0.8333	0.0000	0.8333	
19	893894	Jiminy	04/02/19	06/30/19	03/13/58	\$1,327	1.04	\$1,376	0.5000	0.0000	0.5000	
20	941854	Sylvester	07/30/19	10/27/19	03/13/58	\$1,210	1.04	\$1,255	0.0000	0.0000	0.0000	
21	976150	Bugs	09/03/19	12/01/19	10/27/68	\$105	0.98	\$103	0.0000	0.0000	0.0000	

Look for trends by provider for changes in MED/day



# Using the Episodes of Care Reports



- Share reports and specific situations with providers who are not meeting the quality metrics
- Offer targeted education for providers using Evidence Based Practice guidelines that apply to your specialty
- Provide materials to support patient education efforts
- Have effective office policies to support your opioid prescribing practices
- Take advantage of alternative pain therapies when appropriate





Link will be emailed to attendees to complete a feedback survey at the end of the day.

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